Hello and welcome to the start of term 4!

I hope you all enjoyed the recent school holidays and managed to enjoy some time with friends and family. I trust that you managed to recharge the batteries for the term ahead and that your children are as excited as I am for the last term of the year.

The next 11 and half weeks promise to be very exciting and action packed with many learning opportunities, extra-curricular activities and many varied celebrations. We will enjoy our camping program with our year 2-6 students having their camps. Instrumental music soiree happening in December, incursions and excursions for differing grades, tennis clinics, swimming, family fun night, graduation, music and art celebrations, our SCHOOL FETE and the list goes on. Therefore, it is imperative that all school fee payments are up to date otherwise your children will risk their participation in many of these activities. If you are not up to date with your fees please contact the office for payment. Please have a close look at our term 4 dates and mark any significant ones on your home calendar.

Fete
The success of this day is hinging on the involvement of parents. We REALLY need your help!!!!
If you can support our school prepare for the fete and on Saturday 19th November, we would be very grateful. This will support our fundraising effort and help to strengthen our sense of community. If you can help please contact Kate Fisher if you can assist.
katewhpscommunitylinks@gmail.com

Cyber Safety Parent Information Session
On Monday the 10th October, we are having Tracey Porter from the Victorian Police hosting a Parent Information Session in the Jan Bobin Learning Centre at 6:00pm. This is a valuable opportunity for our parents to hear from those who deal with Cyber safety issues and are educated in creating awareness on a daily basis. She will be delving into different apps to watch out for and how to encourage responsible use of devices. This is one not be missed!

Global Gateways for Teachers - Can you help?
Watsonia Heights Primary School has been asked to participate in the Global Gateways for Teachers Program. This program involves a newly qualified teacher from overseas coming to live and work in our community. As part of the program the participant looks for a ‘homestay’ option where they are billeted with a local family. The ‘homestay’ usually includes a single sleeping room with breakfast and evening meals during the school week, and full board on the weekends. The participant is expected to contribute to the running of the household. We currently have Alyssa from Michigan who will be working with the 1/2 grades. She is looking to be billeted from the 24th October for 8 weeks; this may involve two families sharing Alyssa’s homestay. If you are interested and can provide the homestay requirements for part or the entire program please contact Miss Trethowan via the office.
Walkathon
Please be aware our annual walkathon is fast approaching. Friday 28th October is our Walkathon! Further details will be coming home shortly!!

Child safe
As part of our commitment to providing a safe and secure learning environment we have revised and developed our child safe policies and procedures. This includes working with staff, students, volunteers and the wider community. As a result school council have endorsed and published our child safe policies on our website for your review. You will find:

- Child Safe Code of Conduct
- Child Safe Policy

In addition we are asking all volunteers to sign off on our school based agreement. Also found on the website. These documents are developed to ensure our students are provided a safe and supported learning environment. If you have any questions or comments, please contact me.

Fire! Fire! Fire!
Monday 17th & 24th our Preps will be welcoming a visit from the Metropolitan fire brigade. This is an invaluable opportunity to learn about fire safety. Be prepared for our young fire wardens to come home with some ideas for safety processes and protocols at home!!

Scienceworks
Thursday 20th year 5/6 will be attending Scienceworks for an excursion to compliment their enquiry based unit of study.

More Info...
Next week our team newsletters will be coming home outlining year level specific information for the upcoming term.

Prep – 2 swimming starts next week
Next Wednesday our Prep-2 students will commence their 8 week swimming program. These lessons will be held at Yarra swim school. Again, please ensure your payment plan is up to date so as not to jeopardise your child’s participation in this invaluable program.

Year 3/4 Camp next week
Next Wednesday – Friday our year 3/4 students will be heading off to their annual camp. This year’s camp will be held at Camp Rumbug which is located in Gippsland. Fingers crossed for some nice weather!!

No Hat, No Play
This term is a SUNSMART term. All students are required to wear a wide brimmed school hat everyday. Students who do not have a hat will be asked to remain under the covered area during play times. PLEASE clearly name your child’s hat (in fact, all of their belongings).

Allergies
It’s that time of year again where the allergens appear to tickle the nose and run the nose! If your child suffers please take any preventive measures from home that may help. Also if you child needs medication please administer at home each morning. If a more severe response is required then medication can be administered at school via the office. Please be reminded that any administering requires a parent permission form to be filled out.

Curriculum Day
A reminder that on Monday 31st October students are not required at school. Staff will be working on the end of year reports and related assessments. Similarly, Tuesday 1st November is a public holiday for the Melbourne Cup. Therefore no students required at school until Wednesday 2nd November.
It is with great sadness that we learnt of the passing of one of parents during the week. Our condolences and deepest sympathies go out to the family. If your child, yourself, or any member of your family, would like any support, please feel free to contact me. Alternatively, you can make contact at any time with one of the mental health support agencies below:

- Headspace Greensborough - 9433 7200
- Lifeline – 13 11 14
- Kids Helpline – 1800 338 881

Wishing you a wonderful week

Michael

PATHS - Promoting Alternative Thinking Strategies

To follow on from the previous PATHS focused articles, please see the following information about the program. Hopefully you can find some opportunities to support our focus at home.

IDENTIFYING THE PROBLEM

One of the important steps in problem solving is to develop a concept of individuals “owning” their problems. Although this concept might be somewhat difficult for young students to understand, as compared to the idea of “having” a problem, it is the concept of “owning” a problem that has a positive connotation associated with pride and responsibility, while “having” a problem is often thought of negatively. When individual students approach problem solving with their idea of taking responsibility for the issues at hand, it usually results in far less defensiveness on the part of others and thus facilitates the probability for positive outcomes. In P.A.TH.S., the identification of a problem is assisted by the student asking themselves three questions: Is there a problem? Who owns the problem? What is the problem? In order to know if there is a problem a student needs to identify the feelings that may occur when there is a problem. It maybe when we feel upset or confused, when something is bothering or troubling us, when we are in a difficult situation, when we feel something is wrong or when we feel like we need help or advice from someone. Similarly this can occur when identifying if someone else has a problem. They may feel upset or confused, when it looks like something is bothering or troubling them, when they are in a difficult situation, when they feel something is wrong, when they ask us for help or advice about something or they tell us they have a problem. Parents/caregivers can assist to develop this understanding of identifying a problem by taking the time to explain the concept in greater detail and to provide examples at home, initially using themselves as a model for owning your own problems. In many case, “What is the Problem?” has several answers and it is that clarity and identification of who owns the problem that can assist in the selection for action to the problem as the solution may be different depending on the ownership of the problem.

SETTING GOALS

When students learn about “Setting Goals” in P.A.TH.S., it can be in the context of problem solving but they are made aware that goal setting is not only associated with problem solving but can be long and short term goals in the context of employment, their school work or their interests. Students identify that a long term goals take much longer to achieve and sometimes are made up of many short term goals. It’s very important to think about goals when we have a problem, because that helps us decide what to do. Whenever we have a problem, it’s important to decide how we want our problem to end and this can be in relation to a short term goal but also a long term goal. When setting the goal for a positive ending, the student will focus on a positive outcome or an outcome that will be the best ending possible that will make the situation better not worse, and the solution will not hurt anyone else.
Students are encouraged to consider the following:

1. If your goals involve hurting other people, other people may eventually set goals to hurt you.
2. If you do things that are positive for others, other people are more likely to do things that are also positive for you.
3. The world would be a safer, happier place in which to live if we all set positive goals when we had problems.

These three points are important discussion points at home as well as in the classroom and we encourage parents/caregivers to use the model of problem solving, have discussions about goal setting and the role it plays in problem solving and the effect the selection of an appropriate goal can have on the problem to be solved. The use of real situations is far more meaningful for students to understand the role that problem solving takes and the capturing of everyday situations allows students to practise their skills.

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**P.A.T.H.S CELEBRATION DAY!**

On Thursday 27th October W.H.P.S will be holding a P.A.T.H.S Celebration Day!

Students will be participating in a range of fabulous and fun rotational activities in buddy groups including feeling faces, cookie decorating, team initiative games, mindfulness activities and much more!

On this day students are encouraged to dress in blue for Beyond Blue.

No monetary donation is required.

Keep your eye out for more information coming home soon! 😊
A Big Thank You to Junior School Council!

Congratulations to the Junior School Council team who were able to come together and help raise a total of $423.55 for the Indigenous Literacy Foundation.

The success of the bake sale and jelly bean guessing competition that they ran for a week was fantastic! They also helped to promote the great book swap which contributed to the total raised. Thank you to those who enjoyed a yummy treat, guessed how many jelly beans there were or attended the book swap. The money will go towards providing much needed literacy resources to Aboriginal and Torres Strait Islander children in remote areas.
WHPS 2016 Important Calendar Dates

**October 2016**
- Monday 10th - Cyber Safety Parent Information Session @ 6pm
- Wednesday 12th – 14th - Gr 3/4 School Camp
- Monday 17th - Prep - Metropolitan Fire Brigade Visit to WHPS
- Monday 24th - Prep - Metropolitan Fire Brigade Visit to WHPS
- Thursday 20th - Gr 5/6 Scienceworks Excursion
- Friday 21st - Kids DISCO @ WHPS
- Friday 28th - WHPS Walkathon
- Monday 31st - Curriculum Day - No school

**November 2016**
- Tuesday 1st - Melbourne Cup - No school
- Wednesday 9th - Prep Information Evening @ 7pm
- Monday 14th - Gr 1/2 Melbourne Museum Excursion
- Tuesday 15th - Prep Zoo Excursion
- Saturday 19th - WHPS Fete @ 2pm-7pm
- Wednesday 30th - Prep Orientation @ 9:30-10:45am

**December 2016**
- Thursday 8th - Prep Orientation @ 9:30-10:45am
- Tuesday 6th – 9th - Gr 5/6 School Camp
- Monday 12th – 13th - Gr 2 School Camp
- Thursday 15th - Gr 6 Graduation Night @ 6-9pm
- Friday 16th - Prep Orientation @ 9:30-10:45am
- Friday 16th - Family Fun Night @ WHPS
- Monday 19th - Gr 6 Fun Day
- Tuesday 20th - Final day for the year - SCHOOL CONCLUDES @ 1:30pm Assembly

**STUDENT BANKING**

Every Tuesday.
To open a student bank acct. please collect a pack from the office.

**UNIFORM SHOP**

Open Tuesday MORNING 8.30-9.00am and Thursday AFTERNOON 3-3.45pm.
Order forms need to be completed for stock take purposes, which is available from the office stand and the schools website.
You may also email your order request to Leah or Juanita at watsonia.heights.ps@edumail.vic.gov.au
Cyber Awareness
Parent Information Evening
DON’T MISS THIS

DUE TO THE OVERWHELMING POSITIVE FEEDBACK FROM LAST YEAR,
We are excited to welcome Tracey Porter from the Victorian Police back
to our school on:

Monday 10th October
6:00pm – 7:30pm

She will be hosting a parent information session in the Jan Bobin Learning Centre
about Cyber Safety. Her focus will be on promoting awareness and supportive
approaches regarding children having access to the internet. This presentation will
support the incursion attended by grades 3-6 earlier that day. The evening’s content
is designed for an adult audience.

Please fill out the below form as an expression of interest if you wish to
attend the information session. This will assist in planning for the evening.

Cyber Awareness Parent Information Session

I/ we ............................................. are interested in attending the information
session on Monday 10th October in the Jan Bobin Learning Centre. There
will be a total of ____ adults coming.
Watsonia Heights PS
Welcome back to Term 4

Hope everyone has had a safe and wonderful time during the school holidays.
We have started the term with multicultural activities learning about other countries.
Our face painting raised $38 dollars to the Smith Families Back 2 Schools Program, with excellent and wonderful enthusiasm by the children in aftercare to help this cause making signs and awareness in classrooms in Term 3.
If you have any inquiries regarding the aftercare program or the online registration process, please come through and see one of our staff who would be more than happy to assist and answer your questions.

Camp Australia Team.
Filiz, Debbie and Vicki

Program Details
To find out more about our program, view fees and to register visit www.campaustralia.com.au